

# Family Matters



NORTH CAROLINA NATIONAL GUARD

JULY 2003

*Dear Family Member,*

*Thank you for your continued support of the North Carolina National Guard. We realize that this deployment has been stressful on everyone. Yet, this deployment is just a small part in the freedoms that we enjoy everyday; the freedoms that we want to protect. Our service members share in protecting these freedoms. Sometimes, the result of protecting our homeland causes duress on family members.*

*The Family Program Office is working diligently to make sure that this deployment goes as smoothly as possible for family members left behind. We hope our Family Assistance Centers (FAC) stationed throughout NC will assist you in your needs. While we realize that these FACs can never replace your soldier, we do want to help.*

*Please know that we sincerely care about you and your family – TGIF (The Guard is Family). Anything that affects one of us, affects us all. I am personally committed to give my best to support you during this difficult time. I stand prepared to research all available resources. Even if you would just like to talk, my phone lines and office are always open. You are our true Heroes.*

*Sincerely,  
CPT Sherrell Murray  
Sherrell.Murray@nc.ngb.army.mil  
1-800-621-4136 ext. 6324*

## **Family Assistance Centers (FAC) Monday - Friday from 8 a.m. - 5 p.m.**

We have been able to set up a collaboration of community supporters throughout the state that will facilitate our meeting a variety of hardship needs. Examples of these may be replacing a broken window, mowing the lawn, or even changing a high-up light bulb in a stairwell. All you have to do is contact the FAC located nearest you at one of the numbers listed below. To avoid a long distance charge, you may call dial 1/800-621-4136, enter the 4-digit extension when prompted.

<u>LOCATIONS</u>	<u>UNITS SERVED</u>	<u>FAC REPRESENTATIVE</u>	<u>PHONE NUMBER</u>	<u>EXT.</u>
Charlotte	1454 <sup>th</sup> Transportation Company	Patti Carr	(704) 359-5745	5745
Clyde	161 <sup>st</sup> Medical, 210 <sup>th</sup> & 211 <sup>th</sup> MPs	Pat Fox, Lana Greer	(828) 627-9024	8031
Greenville	514 <sup>th</sup> Military Police / 691 <sup>st</sup> Maint Co	Rebekah Murray	(252) 752-0855	8950
Morganton	505 <sup>th</sup> / 105 <sup>th</sup> Engineers (all locations)	Nancy Davis	(828) 437-0746	8112
Morrisville	1/130th Aviation, 111th Finance, 123rd Personnel, 139th ROC, 30th CSG	Angelena Dockery Cynthia Griffin Rena Wethington	(919) 664-6000	7616 7617 7655

Please know that we appreciate the spouses and family members who share their loved ones with our country. FAC Representatives in your area will periodically call or email to check on your well-being.

# Congratulations!!!

Jessica Sisk, 2003 Delegate  
Caitland Warfield, 2003 Delegate  
Bethany Alexander, Alternate '03 Delegate

## TO THE 2003 NATIONAL GUARD FAMILY YOUTH DELEGATES

This year's National Family Conference will be held in the lovely city of San Diego, California. Representatives from all the States and Territories will participate in educational and social opportunities that promote healthy Guard Families. This will be a fun event and a great learning experience for our youth.

### JESSICA SISK

Jessica is 16-years-old. She is the daughter of a NC Army National Guard soldier. She is involved in a variety of community service activities including volunteering at a nursing home and for the American Red Cross. She has helped build a thrift store to benefit low income families, helped organize a Support Our Troops rally, and helped with health screenings.

Jessica is involved in a children's reading program, school sports, committees and extracurricular clubs such as HOSA, SADD and FCA. She is also active in her church and was voted Junior Class Superlative.

As a National Guard Youth Family Delegate, she would like to encourage communication between youth who are experiencing separation from their parent(s) due to activation or deployments. Jessica also believes that if youth are well-informed about what their parent does as a soldier, they will better understand and cope with the deployment. She would like to facilitate the development of a strong National Guard Youth Program so that children of support each other.

### CAITLAND WARFIELD

Caitland is a 15-year old honor student in her high school where she is also a cheerleader, soccer player, and active member in FCA and JROTC where she is drill team commander. She has been inspired by her father who is in the National Guard and inherited his love for the USA and his pride in serving his country. She too plans to pursue a military career.

Her volunteer service includes six years of serving in a residential group home for high-risk adolescents as well as three years of working in a local nursing home. She also serves in the Teen Courts System as a juror, defense attorney and more recently as a prosecuting attorney.

Caitland is most interested in helping develop a National Guard Family Youth Program that will emphasize pride, respect, and dedication. She sees a strong relationship between these three qualities and long-lasting success. She desires to motivate others to take pride in all they do, respect themselves and others, and to be dedicated to what they believe in.

### BETHANY ALEXANDER

Bethany is 13 years old. Her father has been in the National Guard for twenty years and she has, therefore, grown up with the Guard as family and as a way of life. Her mother, Sharon, is the Family Readiness Coordinator for her father's unit and Bethany is always involved in assisting her mother with various aspects of that position.

Bethany works with children at her church, plays the piano for the Children's Church, and volunteers at a music camp for 3<sup>rd</sup> and 4<sup>th</sup> graders. She also provides instrumental support for the younger students' choral groups.

In addition to utilizing her musical talents, Bethany has also been involved with sports at her school and also enjoys art a great deal. She has held offices at both school and church.

Bethany believes that the National Guard Youth should meet far more frequently and provide more support for each other. She would also like to continue assisting her mother and involve more youth in the Family Readiness activities.

## How To Cope:

In "Family Matters" you asked for helpful tips and strategies that are helping a spouse to cope. I would like to preface my comments with the facts that I am one of the older military spouses, no children, and I only work part-time.

### **Have some projects and goals to work on while your spouse is away.**

Break those goals into smaller units so that you can check off small things as they are accomplished. For example, I felt a need to finally wash windows. At first I put on my to-do list "wash windows". Then I decided to write each room and how many windows were in each room. I broke the job into two days and was able to make myself finish. I did the same kind of planning when I cleaned out and rearranged closets.

### **Be willing to accept and seek support.**

I have received support from several sources: A) Community, B) Church family, C) My own family, and D) Family support group. People have frequently asked how my husband was doing, sent cards, telephoned, taken me out to eat, offered prayers, and been willing to cut my grass. I have had to call on someone to move a microwave and change a long light bulb.

### **Reach out to others.**

When my husband was first mobilized, I was reading a book written by Anne Graham Lotz. In it she emphasized how Jesus ministered to the needs of his disciples in the upper room even though he knew the stressful time ahead of him. So, I decided to reach out to others in my need.

**By: Maxine Ouellette, wife of MSG John Ouellette 30<sup>th</sup> CSG who recently returned from Southwest Asia**

## MY DADDY, MY HERO

When I woke up in the morning,  
I ran to my parent's room.  
Only to find my mom lying alone.  
To remember the horrifying thing  
that happened,  
When my dad wasn't there.

I think about it for a minute or two,  
While tears run down my cheeks.  
Why my dad is an hour away  
and not here with me.  
He's training to fight for our freedom,  
To fight for our dreams,  
To fight for us.

I ran to my room and slammed the door.  
My face turned red with tears galore.  
I kicked and screamed,  
then suddenly stopped.  
Then I realized that my dad was proud,  
He was proud to be an American.

I realized that he was proud  
to serve our country,  
Proud to be my hero.  
My dad was just plain proud.  
So why cry over what my dad loves to do.  
Okay! Maybe it can be life threatening,  
But I am still proud of him.

**By: Lindsay Jones  
5<sup>th</sup> Grade**

## OTHER NEWS...

30th CSG returned on July 2!!!

505th Engineers are expected to return soon! Yet, we will not be completely happy until all of our service members are home safely.

### **CONGRATULATIONS:**

Kevin & Julin Garrett, 30<sup>th</sup> CSG  
Proud parents of a new baby boy, "Kevin Garrett, Jr."  
Born: May 30, 2003, 6lbs 14oz.

# FINANCES DURING DEPLOYMENT...

## Leave And Earning Statement (LES):

- Paid on 1st and 15th of each month
- Printed by DFAS twice per month; Save all LESs
- Copy will go to home of record and one will go to the
- Available online at: <http://emss.dfas.mil/emss.htm>



## Family Separation Allowance II (FSA-II):

- Tax-Exempt; Entitled if separated from family for more than 30 days
- Begins day of departure from home station and ends day before your arrival back to home station; \$250.00 per month or 8.33 per day;
- This is a Temporary Increase until 30SEP03 unless the statute is extended

## Basic Allowance For Subsistence (BAS):

- Tax-Exempt; Pro-rated for partial months;
- Enlisted soldiers paid \$242.81 per month; Officers paid \$167.20 per month

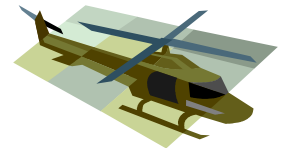


## Basic Allowance For Housing (BAH):

- Tax Exempt; Based on your home of record location
- Go on to the internet at: [www.dtic.mil/perdiem/bah.html](http://www.dtic.mil/perdiem/bah.html)
- Amount varies by rank if married or single

## Imminent Danger Pay:

- \$225.00 per month
- Only have to be in area for one day of a month to qualify for complete month.
- If you qualify for this pay, all other pay and entitlements are tax exempt
- This is a Temporary Increase until 30SEP03 unless the statute is extended



## Leave:

- Soldiers earn 2.5 days of leave for every thirty days, prorated for partial months
- Units track leave and maintain DA Form 31.
- Normally all saved leave is taken at the end of the tour. Units will use request payment for unused leave
- DFAS will initiate collection for use of excess leave including a 0.5 day penalty

## DFAS Internet Website:

- Newest information on base pay and entitlements are located at [www.dfas.mil](http://www.dfas.mil)
- Pay and Allowance Charts
- Regulations concerning Pay and Allowances (DOD Financial Management Regulation)

